Household Commodity Fact Sheet



INFANT FORMULA, POWDERED

Date: April 2009 Code: B420

PRODUCT DESCRIPTION

 Powdered infant formula is made with cow's milk that has been changed to resemble breast milk, and can be used as an alternative for infants who are not breast-fed. Formula has added iron, is easy to digest, and gives the right amount of nutrients for infants.

PACK/YIELD

 Powdered infant formula is packed in about 13 ounce containers. One container, when mixed with water as directed on the package, will make about 104 fluid ounces of formula.

STORAGE

- Store unopened formula in a cool, clean, dry place.
- Cover opened cans of formula with the plastic lid and store at room temperature. Discard any remaining, dry, unused formula after 30 days.
- Look at the "Best if used by" or "Best by" date on the can. Infant formula should not be consumed beyond the "use by date."
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.

PREPARATION/COOKING

- Wash hands before preparing formula.
- Use 1 packed scoop for every 2 ounces of warm water.
- Once prepared, formula can be kept covered in the refrigerator for 24 to 48 hours (always check the label for exact instructions).
- Discard any leftover formula within one hour after feeding.

USES AND TIPS

- Always follow exact mixing instructions on the package.
- Use a standard measuring cup instead of bottle markings to measure water. Too little water will make the formula hard to digest. Too much water will dilute the formula, which means your baby will not get the right amount of calories.

- Do not microwave. This may cause uneven heating and possibly burn your baby.
- Formula should not be frozen before or after mixing.
- Ask your pediatrician if you need to boil the water in your area before mixing a bottle, or about using bottled water.

NUTRITION INFORMATION

 Powdered infant formula meets all nutritional needs for infants under 1 year of age.

FOOD SAFETY INFORMATION

 Ask your pediatrician if you need to boil the water in your area before mixing a bottle, or about using bottled water.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 5 fluid ounces powdered infant formula. after adding water

Amount Per Serving

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Calories	110	Calori	es from Fa	at 55
% Daily Value				
Total Fat 6g				9%
Saturated Fat 2g				10%
<i>Trans</i> Fat 0g				
Cholesterol 5mg				1%
Sodium 30mg				1%
Total Carbohydrate 12g				4%
Dietary Fiber 0g				0%
Sugars 12g				
Protein 2g				
Vitamin A	6%		Vitamin C	15%
Calcium	8%		Iron	10%

*Percent Daily Values are based on a 2,000 calorie diet.